

## Live Right Now

Eat healthy and stay fit. March is nutrition month. Page 7

# SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS

## Balance your lifestyle

Find tranquility and relieve stress through yoga. Page 12

MONDAY, MARCH 7, 2011

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGAC.ON.CA/SPOKE

43RD YEAR – NO. 8

# Conestoga celebrates its first powwow

By JESSICA-LYNN TABAK

Authentic dream catchers, beaded crafts and artwork filled the recreation centre's gym on Feb. 26 at Conestoga's first powwow, organized by the Aboriginal Services office.

For readers who are unfamiliar, a powwow is a celebration that Aboriginals of all tribes participate in. Powwows are a spiritual, yet entertaining event, where the native people and members of the community learn about the native heritage.

The powwow begins with the grand entry, where all participants enter the arena. During the grand entry, everyone is asked to stand as flags are brought in. The flags carried generally include the Canadian flag and tribal flags as well as eagle staffs of the various tribes present. They are usually carried by veterans.

Following the veterans are other important guests of the powwow including tribal chiefs, elders and powwow organizers. Next in line are the dancers.

Once everyone is in the arena, a song is sung to honour the flags and the veterans. After a prayer, the dancing resumes and everyone is

welcome to dance to the beat of the drum.

There are many types of dancers who all wear specific outfits (which are respectfully called regalia) according to their style of dance. Traditional men and women dancers, shawl dancers, jingle dancers and the men's fancy dancers are some of the most popular dancers at powwows.

Many artists and native craftspeople were in attendance, selling their artwork. Powwows are a chance for the community to see and appreciate the beauty and talent of the culture.

"The powwow was a total success," said Henry Myeengun, manager of Conestoga's Aboriginal Services.

"To me, a powwow is gathering together with people, laughing, sharing stories, singing and crying – it's good for our identity."

Although this powwow was on one day, there are some that consist of two, which is something Aboriginal Services is considering in the future.

"We had so much support from the college and community," he said. "I wouldn't change a thing."



PHOTOS BY JESSICA-LYNN TABAK

Jingle dancers, shawl dancers and traditional men and women dancers of all ages strutted their regalia around the circle.



Traditional native dance outfits are called regalia. Each piece of their regalia means more to them than money. Some people spend years making parts of their outfit.



Bear Paw Originals is a small business that Todd Jamieson has on the side. He attends about five powwows a year and has had the privilege of having his artwork showcased in galleries such as the Georgina Arts Centre and the Native Art Gallery in Oakville.

## TRADITIONAL

### Men's traditional dancer

- Is one of the most popular and widespread styles of dance today. Each dancer must incorporate eagle feathers, animal sinew, shields, honour staffs and medicine wheels, which all symbolize their status as warriors.

### Women's traditional dancer

- These dancers portray their role as giver of life and keeper of the home and family. The regalia today continues the traditions of their ancestors.

**Shawl dancer** - The shawl dance is a bright, stylistic dance that gives women the opportunity to break the conformity of the traditional dance. The most prominent feature of the regalia is, of course, the shawl.

**Jingle dancer** - One of the powwow's most unique dances performed by the women. The dress includes several metal cones that are sewn across the dress. Jingle dancers must keep the rhythm of the drums with the jingles on the dress.

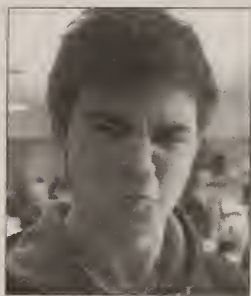
**Men's fancy dancer** - This is a flashy, colourful and energetic dance. They typically wear bright colours, twin feather bustles, beaded bodices, headdresses and bells on their knees.



# Now deep thoughts ... with Conestoga College

Random questions answered by random students

If today was a warm summer's day  
instead of a cold winter's day,  
what would you be doing?

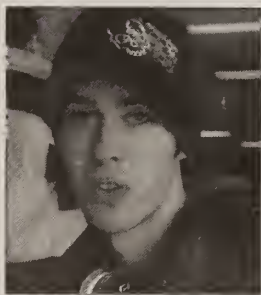


"Beers in the park."

**Mike Fischer,**  
first-year  
television broadcasting

"Go for a walk."

**Dylan Shaefer,**  
first-year  
television broadcasting



"Relaxing outside near the water."

**Neil Woodruff,**  
first-year  
media and communication  
fundamentals

"Be at the beach  
suntanning."

**Lindsay Ropotyn,**  
second-year  
broadcast journalism



"Biking, being active."

**Brendan Dailey,**  
first-year  
print journalism

"Out in my Speedo."

**Jake Robinson,**  
first-year  
print journalism



Smile Conestoga, you could be our next respondent!

# Plan for your retirement

By **MARCUS MATTHEW**

The generation once known as the baby boomers is about to become the retirement boomers.

After the Second World War, there was a substantial increase in the population, known as the baby boom. Many of them are expected to turn the traditional retirement age of 65 in 2011.

With a struggling economy and an expected increase in the number of retirees, many Canadians may be wondering what the future holds for them. The smart ones are ensuring they have a nest egg, by investing now.

Registered retirement savings plans are one of the most commonly used options out there today.

"It can be a very powerful investment tool," said Mathieu Chiasson, investment representative at the Royal Bank of Canada.

According to Statistics Canada, less than 50 per cent of Canadians have any form of a pension plan, making retirement savings even more critical.

In December, the Royal Bank of Canada released its

annual registered retirement savings plan poll. It showed that 61 per cent of Canadians invested in 2010 compared to 54 per cent in 2009. The poll also found that the average reported market value of RRSPs has increased by an average of 17 per cent in 2010 over the past two years.

The purpose of this plan is to put money into a savings account to receive a tax deduction and to not pay taxes on the investment while also collecting interest.

"More people need to take responsibility for funding their own, often long, retirement," said Erika Penner, professional retirement and financial planner. "RRSPs are one such vehicle and for anyone in the mid or higher tax bracket, they are a good choice."

The Notice of Assessment that you receive from the Canada Revenue Agency (CRA) after filing the previous year's tax return will have the maximum contribution you can make for the current year. If you have not received this notice or need to double-check the amount, call CRA at 1-800-959-8281.

Although the March 1 RRSP deadline for this year has

passed, you can start putting money in for next year. And contribute at a young age, putting in as much as you can afford, as soon as you can. Even modest regular contributions can build over the years into a significant retirement nest egg.

However, investing toward retirement isn't always for everyone as it depends on several personal circumstances.

"We would not recommend it for everyone as it will depend on different factors and their goals," said Chiasson. Debts and payments that may have you in a tight financial situation are often factors, he added.

A tax-free savings account, is another commonly used investment tool, according to Penner.

You can contribute up to \$5,000 annually to this plan. It allows you to grow your money tax-free, meaning when you withdraw the funds you don't pay taxes on capital gains, dividends, trust distributions or interest earned.

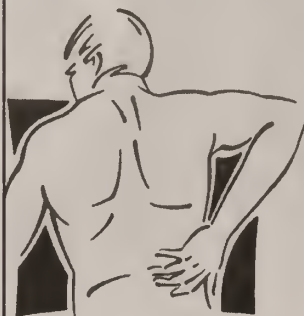
There are no age restrictions on a TFSA and there is no limit on how much contribution room you can carry forward — fill it up any time you want.

## MINIMALISM ART AT CLAY AND GLASS



PHOTO BY LISA OLSEN

Artist Jim Hake stands in front of his piece titled Friend Project 1, created with porcelain and mixed media. It is on display at the Clay and Glass Gallery in Waterloo until March 27, along with the work of Amanda Dumas-Hernandez.



## ON-CAMPUS CHIROPRACTOR

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# Learning Commons here to help you

By JONATHAN CHARLES

At Conestoga College's Doon campus it's not hard to get help with your studies. At the Learning Commons, staff offer writing help, learning help, peer tutoring, math and computer help, peer conversation partners and groups and workshops.

Individual appointments at the writing centre are free. The staff is there to help you plan your writing, organize your ideas, fine-tune your sentences and cite and reference your sources. In deeper depth, they will teach you about paragraph structure, introductions and conclusions, creating an outline, identifying and correcting errors and use of different citation styles (APA, MLA, IEEE etc.).

The Learning Commons also recently opened a Math Centre. There they offer assistance to students who seek support with their math studies.



PHOTO BY JONATHAN CHARLES

The Learning Commons is open daily Monday to Thursday from 8:30 a.m. to 5:30 p.m. and Friday from 8:30 a.m. to 4 p.m.

work and assignments. If you have more serious concerns with your math studies, appointments can be made with the math specialist. Students are able to book appointments individually or in small groups.

Some of the students who took advantage of the services had very positive experiences and wanted to share them, although anonymously.

"After coming to see Laura I got 77 per cent on my math test, the highest mark I've ever received. I had just barely passed all the rest of my tests. And that was only after one session," said an office

administration student at the Guelph campus

At the Learning Commons they will also help you with your learning skills, helping you be successful in your program.

"I am a mature student diagnosed with ADHD, and registered with Disability Services. In my experience, the learning skills adviser wants you to succeed and is genuinely interested in your experience at the college," said an office admin student at the Doon campus. "I was given new tools and strategies for studying. My first term was completed with a

3.58 GPA because of this service. My overall experience has been positive. Everything is completely confidential and I would recommend Learning Commons services to everyone."

Peer tutoring at Learning Commons is another service offered. Staff is there to help you one-on-one with your homework, assignments and studying. You can also get subject-specific help by academically strong senior students.

"The peer tutoring service offered by the college was immensely helpful to me during my first semester of being back in school after a six-year

break," said a Conestoga College software engineering technology student. "My tutor was extremely knowledgeable and not only helped fill any holes of misunderstanding, but was a great sounding board and support system for me as I worked through what could potentially have been an extremely stressful semester."

There is also a service there to help ESL students. That service is peer conversation partners. The student is matched with a conversation partner to strengthen his or her English-speaking skills, build friendships and learn more about Canadian culture and Conestoga College. Usually the student and his or her partner will meet one hour per week.

"It was a pleasure to show another fellow student around the campus and it was interesting to speak about the difference in our cultures, values and experiences," said Tina Nguyen, a Conestoga College health informatics management student. "I felt that my partner really benefited from the program; we helped her adjust and feel welcomed to Conestoga College's culture and environment."

For more information, drop by the Learning Commons on the Doon campus, located at 2A103 (across from Tim Hortons). To make an appointment, come by or call 519-748-5220, ext. 2308. More information on all services offered by the Learning Commons is available on the college website, [www.conestogac.on.ca/learningcommons](http://www.conestogac.on.ca/learningcommons).

“  
After coming to see Laura  
I got 77 per cent on my  
math test.  
— Office admin student,  
Guelph campus  
”

There are two free services offered: drop-in math help and appointments with the math specialist. It's available to students at three Conestoga College campuses, Doon, Waterloo and Guelph. The Math Centre assists students with their math home-



"Thanks to research funded by the Heart and Stroke Foundation, my heart keeps on ticking — literally."

Wendy Carr

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[www.conestogac.on.ca/studentlife](http://www.conestogac.on.ca/studentlife)

**Student Life**  
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# Appreciate democracy

By KATHRYN SCHNARR

While many of us celebrated the coming of a new year, the Middle East was erupting into mass protests and violent uprisings. On Jan. 25, thousands of Egyptians took to the streets, demanding the resignation of President Hosni Mubarak.

On Jan. 29, ABC News posted an article about the autocratic leader on their website, www.abcnews.com. According to the article, Mubarak is a former bomber pilot, and was once head of the Egyptian air force. He served as the vice-president of Egypt in 1975 under President Anwar El-Sadat. However, on Oct. 6, 1981, El-Sadat was assassinated during a parade in Cairo, and the country was left without a ruler.

On Oct. 14, 1981, only eight days after the assassination, Mubarak became the fourth president of Egypt. Mubarak continued friendly relations with the United States during his presidency, by sending troops to participate in the Gulf War and providing access into the Suez Canal. While he has received billions of dollars in aid from the American government, none of it has gone to the people. However, after ruling the country through 30 years of poverty, unemployment and corruption, the autocratic leader finally resigned on Feb. 11.

Forcing Mubarak to resign wasn't easy. On Feb. 8, Human Rights Watch reported on the crisis on their website, www.hrc.org. According to the organization, the death toll has exceeded 300 people. Police fired riot control weapons, such as tear gas and rubber bullets, at peaceful protesters, killing some of them.

Many of us watched from home wondering what we could do to help. Seeing images of protesters risking their lives for equality should make us realize how lucky we are. Canada is, and always has been, a democratic country, and for this we are truly blessed. We do not have to fight for our rights like the people of Egypt, and many other countries.

As peace slowly returns to Egypt, the best thing that we can do is promote and exercise our democratic rights. According to Elections Canada, only 59 per cent of Canadians cast votes in the 2008 federal election. This is the lowest record of voter turnout in the history of Confederation.

Canadians need to appreciate our form of government. A democratic government provides us with equal opportunities and rights, a luxury that many do not have.

Thousands were injured and over 300 people in Egypt lost their lives. Our hearts go out to them and their families, and we wish them the best in becoming a democratic country.

## Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer

than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to:

The Editor, Spoke, 299

Doon Valley Dr.,  
Room 1C30, Kitchener, Ont.,  
N2G 4M4



Soaring gas prices are ticking off area drivers.

## How much will we have to pay?

Are you getting tired of having to pay an arm and a leg for gas? I doubt we're the only ones who are really starting to get annoyed by these, seemingly constant, price increases.

It's unfortunate that gas is such a crucial aspect to driving a vehicle which means we, therefore, have to pay whatever the price is at the time. Just last week, gas rose to \$1.20 a litre. It's often hard to believe that the reasons given for these price increases always have to do with the state of other countries considering the gas companies can pretty much tell us whatever they want, and who's to know if it's the truth?

Based on the inflation calculator measuring the consumer price index, found on The Bank of Canada's website, the 2011 price comes out to be 65 cents per litre. If that's accurate, then we're paying almost double the price for gas that we would have paid many years ago. A Feb. 27 article in the Ottawa Citizen about gas prices makes a good point when it asks when the last time an



Erin Farrar  
Opinion

**We're paying almost double the price for gas that we would have paid many years ago.**

oil company went broke was. We would have to agree with that and wonder perhaps, whether the gas companies hike the price to whatever they can get away with.

They are constantly using excuses to justify the increasing gas rates such as unrest in Libya, etc. It's hard to believe these are the actual reasons for why gas is so pricey, especially since the price is the same everywhere, and because they have gas stored here in

Canada. However, the prices skyrocket the same day as turmoil hits the Middle East. Also, it often goes up on long weekends and holidays when people are more likely to drive long distances, and the prices all seem to increase together. How can one not be suspicious about this?

The Ottawa Citizen article made the exact same point, but using another commodity, it stated, "If a massive frost were to hit the Florida citrus trade, you would expect oranges to eventually cost more money. But you wouldn't expect the store to go around and re-price oranges already on the shelf." It really gives you something to think about, doesn't it?

When going over the facts it tends to baffle us and make us really think about what big companies can get away with and why the government doesn't step in and say "that's enough."

The oil companies are getting away with charging pretty much whatever they want, adding silly justifications and expecting the world to buy it. Do you?

## SPOKE

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# Every day should be a caring day

United Way honours those who supported them in the past year at their annual awards banquet

By **AMANDA BAINES**

Care it forward. That was the message United Way Kitchener/Waterloo CEO Jan Varner expressed at the second annual Community Spirit Awards on Feb. 25.

Research In Motion and The Waterloo Inn sponsored the early morning banquet, at which the United Way honoured the organizations and individuals that supported them throughout the fiscal 2010 year.

Varner brought attention to the "bystander effect," a situation caused when a witness to a crime or incident doesn't call for help, because "someone else must have done it already."

She explained why this is such a terrible attitude, and begged the audience not to leave it to someone else.

"If everyone thinks this way, no one will help," she said. She also said the United Way raised \$5.2 million of their \$6-million goal, but that it was bittersweet.

"It's just not enough," she said. "We want to help everyone, but we just can't make ends meet."

The United Way does not just help out those who are in dire straits, but it offers preventative measures as well.



PHOTO BY AMANDA BAINES

Joan Geisel from Clemmer Steelcraft Technologies poses with the United Way's labour representative Steve Sachs at the Community Spirit Awards. Clemmer Steelcraft and United Steelworkers 838 were awarded the Joint Union/Management Award, and Geisel was presented with the Joe Williams Memorial Award.

"We would raise money to help the community, and it would go to several agencies," said Varner.

"The money we gave them went back to the community, and the cycle started again. But now we take information from the community and use it to help us help them."

Hosted by AM 570's Lisa Drew, the awards brought to light the strength and energy devoted to the United Way by the various companies as well as by the volunteers who make the charity work its magic.

"I was so touched to be asked to chair the campaign this year," said Drew.

"I knew that it was a really important cause, but it really touched me."

Awards were given out for agency engagement, leadership giving and the best first-time campaign. An award was also presented for passion and determination during the campaign, called the United Way Choice Award, which was given to Waterloo Regional Police Chief Matt Torigian.

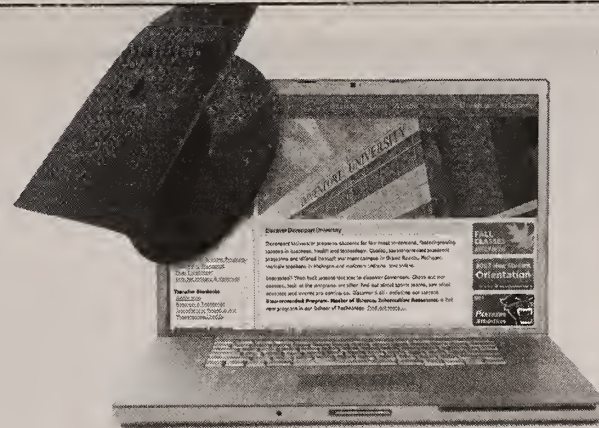
"Every day should be a caring day," said Varner.

"Let's make it a caring day, and care it forward."

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# Mom Show not just for moms

By LISA OLSEN

It's called the KW Mom Show and Craft Fair, but it's not just for moms.

"We have lots of handmade stuff that students would find appealing. And it's affordable, too, because it's made by local artists," said Courtney Lee, co-facilitator of the fair.

The one-day event takes place from 10 a.m. to 4 p.m. on March 27 at the Holiday Inn on Fairway Road in Kitchener. Admission is free with a food bank donation.

After two successful events last year, this is the Mom Show's third show.

"We usually see a minimum of 250 (people), but that's been steadily increasing," Lee

said.

Starting out as primarily a show for mothers, the sale evolved from there. With over 50 vendors, their craft fair now features handmade jewelry, scarves and natural bath and beauty products to appeal to a variety of women.

According to Lee, that's what makes the show unique.

"We focus on the smaller, independently owned businesses and we try to keep it affordable," she said.

And the event still appeals to mothers, with free Easter photos for children by Wright Light Photography and parenting information booths.

For more information, visit [www.kwmomshow.ca](http://www.kwmomshow.ca).



PHOTO SUBMITTED

The KW Mom Show and Craft Fair features many handmade items by local artisans. Above are some of the articles that will be for sale on March 27.

## DRINKING AND COMPUTERS DON'T MIX

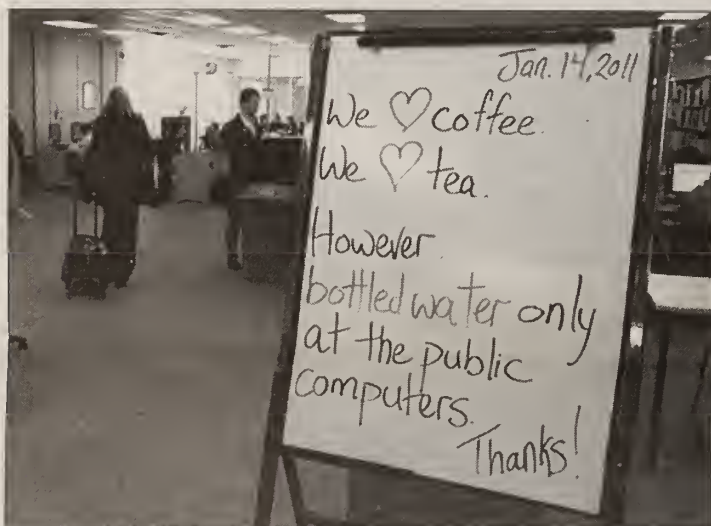


PHOTO BY PAUL IRVINE

The Library Resource Centre wants to remind students that only bottled water is allowed at their computer stations. Getting the computer keyboards sticky makes the computer unstable, and with only around 80 computer stations in the LRC and enrolment in the thousands, any loss of a station hurts the entire student body.



**March 9**  
**10am – 1pm**  
**Rec. Centre**

Get prepared!

Visit Co-op and Career Services (1A105) ext. 2290, or see the Events Calendar on MyCareer by clicking on the "Services" tab in the Portal for upcoming Resume Clinics.

**C** CONESTOGA  
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## ELECTION NOTICE AND CALL FOR NOMINATIONS

Two people to be elected as members of  
**Conestoga College Institute of Technology and Advanced Learning  
BOARD OF GOVERNORS**

One from each of the following categories:

### 1. ACADEMIC MEMBER

All persons employed by Conestoga College, on a full-time or part-time basis, who are not part of the Administrative or Support Staff employee groups.

**Term of Office:** September 1, 2011 – August 31, 2014

### 2. STUDENT MEMBER

Open to all full-time and part-time students enrolled in a program of instruction (a group of related courses leading to a degree, diploma, certificate, or other document awarded by Conestoga College).

**Term of Office:** September 1, 2011 – August 31, 2012

(candidate must plan to be enrolled as a student during the term of office and must be prepared to continue to the end of the term even if graduation occurs within the term)

Terms of reference and nomination forms are available by contacting  
Ann Vignault at ext. 3233 or at [avignault@conestogac.on.ca](mailto:avignault@conestogac.on.ca).

**Closing date for nominations: March 16, 2011**

**List of nominees to be posted: March 24, 2011**

**ELECTION: APRIL 1 – 6, 2011**



# Join the healthy movement

## CBC and many others work to promote a healthy lifestyle

By LAURA BENNETT

Small changes will make a big difference.

At least that's what CBC is trying to promote with their new initiative, Live Right Now, a program that runs from January to July 2011.

"One of the things we are trying to do is establish a lifestyle change," said Jeff Keay, head of media relations at CBC.

The initiative is to promote healthy nutrition in Canada and push Canadians to challenge themselves to lose weight.

CBC.ca has a ton of challenges that Canadians can take part in, including pledging to lose five to 20

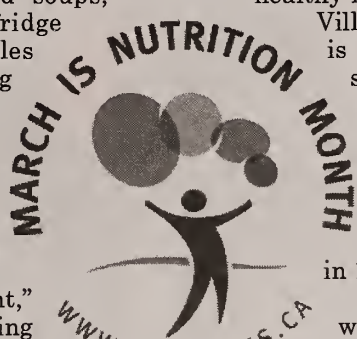
pounds.

The website also has food challenges such as exploring winter cooking by making more stews and soups, stocking the fridge with vegetables and packing homemade lunches as a family.

"A healthy lifestyle change is something that doesn't occur overnight," said Keay, adding that they are trying to find what works best for Canadians over a long period of time.

"It goes along with our winter program," he said,

adding that the CBC's new hit show, Village on a Diet, is one way to get Canadians on the right track for living a healthy life.



Village on a Diet is a reality TV show about Taylor, B.C., a town that has taken on the challenge of losing one ton in 10 weeks.

CBC, along with the Heart and Stroke Foundation, Canadian Diabetes Association, ParticipACTION, YMCA of Canada, Breakfast for

Learning, Dieticians of Canada and many other organizations are working together on the mission for a healthier Canada.

"We review certain content for the campaign related to healthy eating and nutrition," said Thida Ith, media relations manager for the Dieticians of Canada.

Ith said another part of her job is connecting dieticians to CBC if they are looking to do a personal story on a dietician.

"As a group we have come together really well," she said. "It's great and it's a big initiative. We are really happy a company like CBC is taking on such a big issue."

The Dieticians of Canada are launching a new cookbook called Cook. "This year we are encouraging Canadians to cook more often and to eat with their family," said Ith.

Keay said it's too soon to say if Live Right Now will be an annual thing but he believes that the CBC will continue to work at building a positive and healthy environment in Canada.

"As an organization we will continue to pursue high impact public events throughout the year," he said.

"Our whole thing is to engage with Canadians and we are going to do that in as many ways as we can think of."

## HONEY DIJON SALMON WRAPS

(From President's Choice recipes)

Serves 2

### Ingredients

- 1 can PC Blue Menu wild pacific sockeye salmon drained
- 1 cup shredded carrots
- 2 tbsp PC blue menu dressing fat free honey dijon
- 2 PC Blue Menu whole grain tortillas - Flax
- 5 cups packed baby spinach leaves

### Preparation

Mash salmon up then stir in carrots and dressing. Lay tortillas on flat surface and cover them with spinach leaves. Divide salmon mixture into a thick line along bottom third of each tortilla. Wrap up tightly leaving both ends open.



INTERNET PHOTO

### Nutritional information

Per serving:  
350 calories  
14 g fat  
3.7 g Omega-3 polyunsaturated fat  
490 mg sodium  
28 g carbohydrates  
4 g fibre  
27 g protein



PHOTO BY LAURA BENNETT

Sheila Bourque, left, and Jayne Simas stand with their homemade healthy taco dip and pita chips at the front desk of Herbal Magic on Strasburg Road in Kitchener during their open house on Feb. 16. Bourque, 31, lost 63 pounds in five months with Herbal Magic.

## When women lose they win

By LAURA BENNETT

It has been a long winter. The Christmas break ended a while ago but the holiday weight we put on still lingers.

With the temperature rising and the days seemingly longer, beach season is getting closer.

In Canada March is national nutrition month and many places across Kitchener-Waterloo are helping people get fit.

From Feb. 14-18, Herbal Magic on Strasburg Road in Kitchener held an open house.

"We try to get more people aware and help whoever we can," said Jayne Simas, a Herbal Magic employee.

Simas, 32, weighed 205 pounds four years ago. "I tried

South Beach and lost 50 pounds," she said, adding that the South Beach diet is similar to the Atkins diet in which you can't eat bread, pasta or any other carbohydrates.

"As soon as you go off South Beach you gain the weight back," Simas said, adding that she gained back some of her weight, but not all of it. "I was miserable doing it."

Simas starting the Herbal Magic diet one year ago, at the same time when she starting working there. Since then she has lost about 40 pounds.

At Herbal Magic, clients can come in and work one-on-one with someone who weighs them and helps them with meal planning. According to

herbalmagic.ca, the price depends largely on the person's weight loss goals, medical history and type of program.

"It's all portion control," said Simas. "Supplements help your energy and metabolism to speed up."

"Before Herbal Magic I loved ribs. Now I will never eat them," she said, adding that at Herbal Magic they don't allow salt in people's diets because it makes them retain water.

"It's important to have support and accountability," said Simas. "It's easier to lose weight when you have to come in here and face somebody."

Today, Simas is down to 130 pounds and is working on losing a little more.

### FOOD AND NUTRITION TIPS

- Eat one green and one orange vegetable a day
- If you want to snack choose popcorn or unsalted pretzels
- Flavour foods with lemon and herbs to avoid salt
- Eat one serving of fish twice a week
- Eat breakfast every day - this reduces hunger throughout the day
- Enjoy drinking a lot of water by adding lemon, lime and mint to it
- Add fruit to your cereal and when making muffins and pancakes
- Eat brown rice and whole wheat pastas
- Read nutrition labels when deciding what to buy
- Leave the skins and peels on some fruits and vegetables — they contain a lot of fibre
- Continue to eat the foods you love but less often and in smaller portions



# Be dazzled by the Chord Spinners

By CASSANDRA BOURGEOIS

Talent, co-operation and a dash of silly are a recipe for success for the Chord Spinners.

The ladies' barbershop chorus, based in St. Jacob's, has 22 ladies singing a capella, meaning with no accompaniment, in four part harmony. The four parts are lead, tenor, baritone and bass.

On March 1, the Chord Spinners travelled to Brantford Collegiate Institute to participate in a youth workshop, helping girls from ages 13 to 18 learn how to sing and form their own barbershop chorus.

"It's a youth workshop, it's the first of its kind and it's exciting," said Kathy Hanneson, the Chord Spinners director. The week before the workshop, the chorus was hard at work making sure they were in top form to teach their art to others.

The Chord Spinners started their rehearsal with a physical warm-up to get their bodies ready to work hard. Debbie Catton led the laughing ladies through stretches, marching and even the song, Y.M.C.A., to get their bodies in prime condition to hit and hold those notes.

The physical warm-up was followed by breathing and vocal exercises. According to Singing Like Pro's website, "it's always beneficial and good to consider singing as a sport. Would you run a 100-metre sprint race without warm up and stretching? You know the answer. It could seriously harm your muscles."

The ladies started by warming up their high notes.

"Let it float," said Hanneson.

Moving up note by note, the ladies' voices started to soar, and as they got



PHOTO BY CASSANDRA BOURGEOIS

The Chord Spinners enthusiastically perform Linda Liddle's choreography as they rehearse for upcoming performances and competitions.

higher and higher, some of the lower-voiced women started to drop out. But they got their chance to shine when the group warmed up their low notes, and members with high voices began to trickle away.

In their warm-up circle, the ladies sang Irish Blessing.

"We want to sing this with a lot of forward motion," said Hanneson. "Give it a little oomph so it propels us into the next phrase." The tenors offered a clear, high note which soared above the beautiful harmonies weaving together below.

The ladies moved to the risers to practise their performance pieces. Their matching black jackets, decorated with name tags and music pins, made them look as cohesive as they sounded.

One of the songs they practised was Razzle Dazzle from the musical, Chicago. For their performance, they'll wear jazzy outfits, covered in sequins and complete with long black gloves.

"What are we singing about?" asked Hanneson, as they practised. "Give

me a little razzle dazzle here."

"It's for a competition in May," said Sheila Schmidt, a tenor who has been a part of the chorus for five years. "We'll be going to Elliot Lake." The competition will feature seven local choruses, as well as barbershop quartets.

As they worked on the song, stopping to perfect key changes or timing, you could hear the harmonies start to knit together.

The fun-loving chorus not only feels like a family, but also includes some. Schmidt's daughter, Jenn Hergott, and granddaughter, Mikayla Schmidt, 14, joined the chorus over a year ago. Rose Butterworth and her daughter Samantha, 14, also enjoy spending time singing together in Chord Spinners.

\*\*\*

Chord Spinners was formed in 1981, when 11 ladies left another chorus to form their own.

"I'm one of the originals," said Linda Liddle. "The last one." Not only does Liddle sing bass in the chorus, she also does choreography and costumes for their performances, and competitions. Her enthusiasm is contagious, and when she sings you can see it shining in her face.

"To compete on stage, you need to have 14 members," said Liddle. To enter competitions, a chorus must be chartered. Chord Spinners was chartered in 1983. Hanneson joined the chorus as director 10 years ago.

"I sang in choruses for probably about 15 years, and I was assistant director of a differ-

ent chorus before I came here to direct this chorus," said Hanneson. "They had been without a director for a while."

The chorus has an area qualifying convention in May, to qualify for the international competition.

"You have to achieve X number of points to qualify to compete at the international," said Liddle. Last year's international was in New Brunswick. Chord Spinners improved

their placing by five standings from the year before. This year's competition is in Hershey, PA, in November.

The Chord Spinners have plenty of upcoming events and competitions to look forward to, and the fun-loving group is enjoying every minute of preparing for them. For more information about the Chord Spinners, visit [www.chord-spinners.com](http://www.chord-spinners.com).

## DATES TO REMEMBER

Upcoming events and performances for the Chord Spinners:

**March 21** - Chateau Gardens Nursing Home, Elmira, at 7 p.m.

**April 7** - Maryhill Nursing Home at 7 p.m.

**April 14** - Terrace on the Square Retirement Home, Kitchener, at 7 p.m.

**May 14** - Sobey's, Ira Needles, hour TBD

**May 26-29** - Area contest and convention

**November** - International contest and convention, Hershey, PA.

**December 9** - Terrace on the Square Retirement Home, 7 p.m.

## It's a family thing



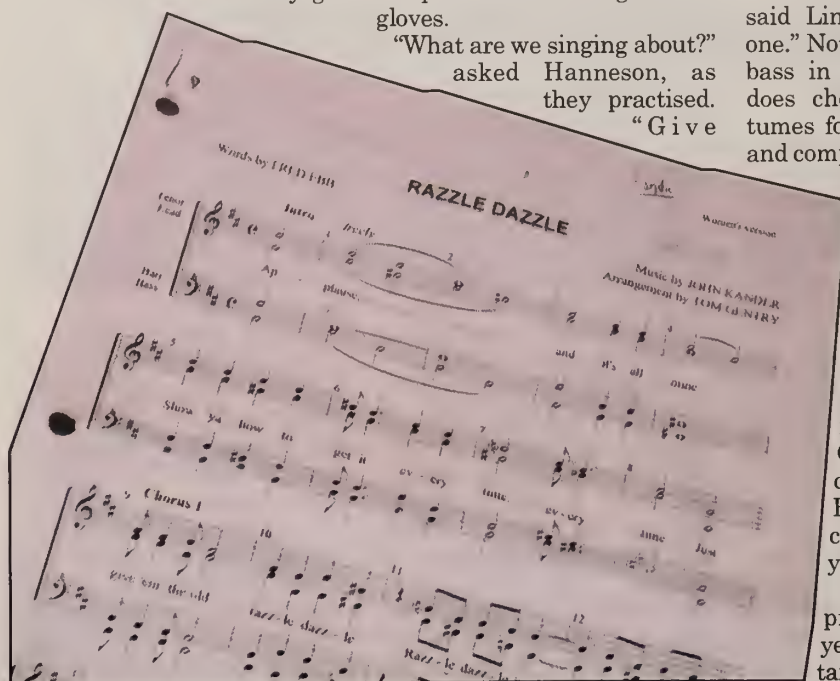
PHOTO BY CASSANDRA BOURGEOIS

Sheila Schmidt welcomed her daughter, Jenn Hergott, and granddaughter, Mikayla Schmidt, 14, to the Chord Spinners last year, excited to have three generations singing together.



PHOTO BY CASSANDRA BOURGEOIS

Rose Butterworth and her daughter Samantha, 14, get a little mother-daughter time each week at rehearsal.





# Students go Gaga

## Winner gets concert tickets

By COURTNEY NIXON

Conestoga students gathered in the Sanctuary on Feb. 16 to watch five hopeful Lady Gaga impersonators give their best poker face attempts to win tickets to see the singer in concert.

This was the first time Conestoga Students Inc. held a contest like this that had the students judged out of 35 based on their stage performance, costume, personality and overall performance.

"Each participant had to dress up, perform and lip sync to a full song and then were judged by a panel of judges," said CSI event co-ordinator Tara Herriot.

Every contestant went to great lengths to win the grand prize.

"I shaved my legs for the

competition," said runner-up and first-year journalism print student James Witczak who sang Gaga's hit song Telephone.

"I like to see the lengths the students will go to see their idol in concert," said Herriot.

Second-year general arts and sciences student Kezia Tatton performed the smash hit Monster, dressed to a T as Gaga and walked away with two tickets to see the singer in concert on March 3 at the Air Canada Centre in Toronto.

"I knew I had the competition in the bag; I have been to her concert twice already, she is an amazing performer," said Tatton.

"She (Gaga) makes you feel so good about yourself, she is amazing."



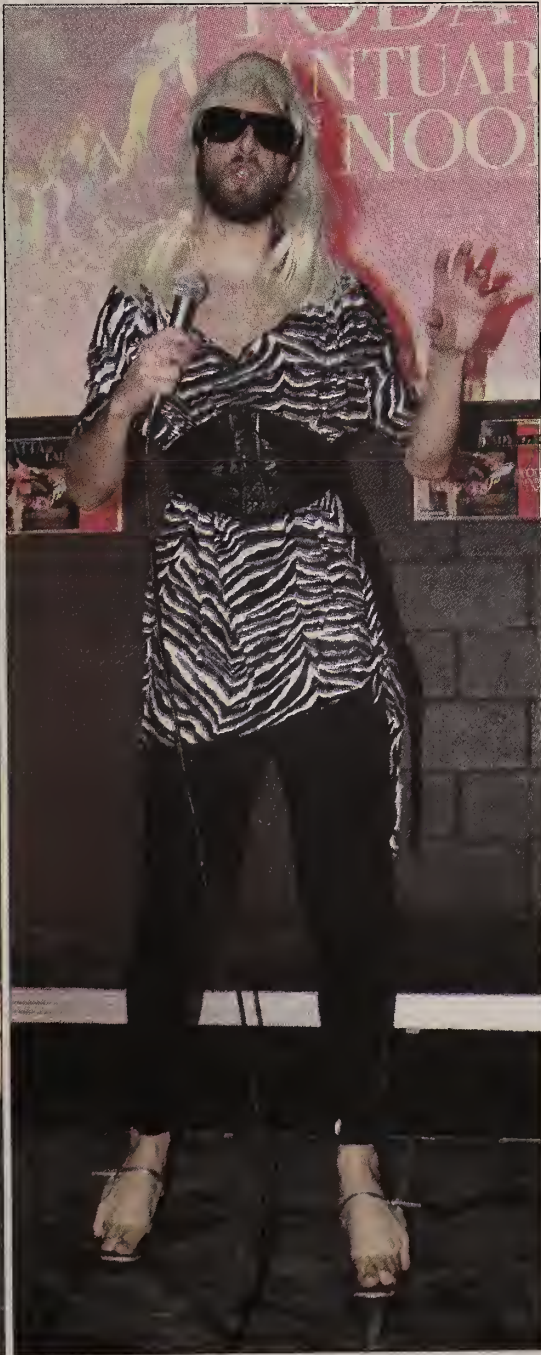
Gotta-be-Gaga contestants, from left, Kezia Tatton, Cassie Bourgeois, James Witczak, Tim Brenner and Kristen Carmichael wait patiently to hear which one of them won the competition.



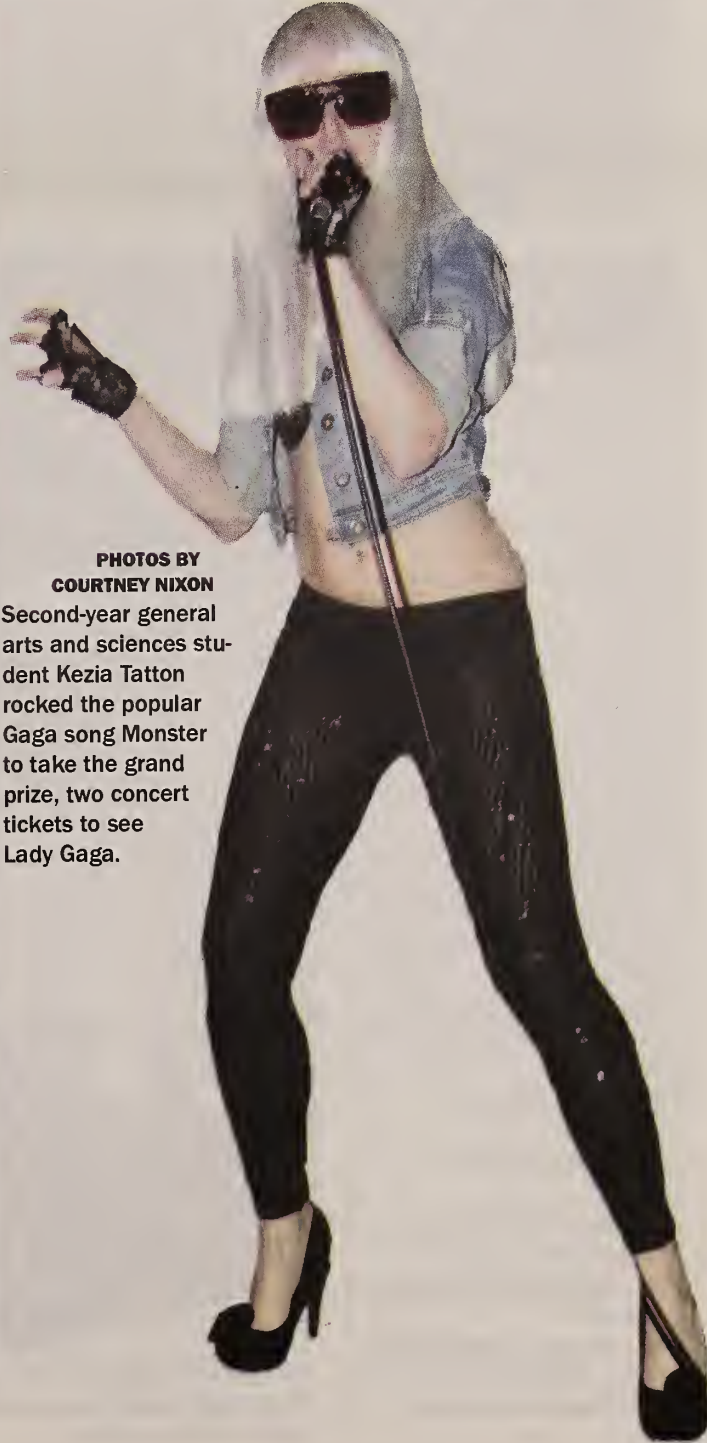
Second-year journalism print student Cassie Bourgeois belted out Poker Face by Gaga during the Gotta-be-Gaga contest on Feb. 16. This was the first year CSI held a contest like this.



First-year journalism print student James Witczak performed the hit song Telephone. Witczak was named the runner-up for his performance.



Fourth-year mechanical systems engineering student Tim Brenner dressed the part to resemble Lady Gaga in her Bad Romance song on Feb. 16.



PHOTOS BY  
COURTNEY NIXON

Second-year general arts and sciences student Kezia Tatton rocked the popular Gaga song Monster to take the grand prize, two concert tickets to see Lady Gaga.



# Not to be passed over

## Woodside is a piece of Kitchener history

By **ASHLEY IDLE**

Up Wellington Street North lies an inconspicuous plot of land that is home to something often overlooked, but impossible to duplicate: the childhood home of our 10th prime minister, William Lyon Mackenzie King.

King lived here in Kitchener, formerly Berlin, Ont., from 1886-1893.

The Victorian home is now part of Parks Canada's Woodside National Historic Site. It has been restored to its 1890's state and is open to the public to visit and glimpse how our longest-serving prime minister lived during his early years.

King was born in Berlin, Ont., in 1874, making the area historically significant to the family. The son of a lawyer, he lived in relative comfort throughout his life, wanting for little. He lived at Woodside until his university studies in 1893. He had five university degrees by the time of his death, from both

University of Toronto and Harvard University.

Politically, he served 22 years in office as prime minister, beginning in 1921 and ending in 1948, with a break between 1930 and 1935, when Robert Bennett sat as prime minister.

Mackenzie King was also a very spiritual man in many ways. He was a practising Presbyterian, but also believed in divination and mediums, conducting ceremonies in which he used to keep in contact with departed associates and his mother.

Details about this very colourful man who is an important part of our history can all be explored at the Woodside estate.

"Not only do we have the

history of Mackenzie King, we have it in context," said Rob Roe, curator at Woodside.

"We have 4,000 artifacts, over 400 of which belonged to the Kings."

The estate changes its setup multiple times a year to show how the Kings lived during the different seasons.

Their goal is to make it feel like the "Kings have just walked out of the room ahead of (the visitors)."

Woodside does more than just cater to inquisitive visitors. They do a lot of work with new Canadians. Roe said, "We have a citizenship ceremony here, and we do a lot of ESL groups; and so in many ways, this is a way of showing new Canadians what a portion of life was like in Canada in the

19th century. It's giving some of the roots, some of the background so that these people can understand where we're coming from."

Caitlin VanHorne, a worker at Woodside, said that it is wonderful to take new Canadians around Woodside to see how Canadians lived at the turn of the century, and that the look of wonder on their faces is always worthwhile.

"The information that we present to the public is very fascinating," said VanHorne.

They also focus on education at the estate, citing that 60 per cent of visitation to the site is school groups. They look at themselves as a portal to the past trying to make history come alive for students.

"It's all about understanding heritage," said Roe. "If you don't know your past, you're bound to repeat it."

The park closes to the public during the winter months, but does accommodate tours. Woodside will reopen May 18.



INTERNET PHOTO

William Lyon Mackenzie King was Canada's 10th and longest-serving prime minister. King is credited with many accomplishments during his time in office, one of which is the introduction of Canadian citizenship. Previously, Canadians were considered British subjects.

### NATIONAL HISTORIC SITES IN THE AREA

This is a list of other historic sites that can be visited in the Kitchener area.

- Homer Watson House – Kitchener
- Joseph Schneider Haus – Kitchener
- Our Lady of the Immaculate Conception – Guelph
- Guelph City Hall – Guelph
- McCrae House – Guelph
- Forbes Textile Mill – Cambridge
- Former Galt Post Office – Cambridge
- Former Elora Drill Shed – Elora
- Her Majesty's/ St. Paul's Chapel of the Mohawks – Brantford
- Bell Homestead – Brantford
- Banting House – London
- Middlesex County Courthouse – London
- Ridout Street Complex – London
- Penman Textile Mill – Paris
- Woodstock Town Hall



A view of Woodside from the front. The estate was built in the mid-1800s and was home to Mackenzie King from 1886-1893.



The estate from the back. The grounds are very large and facilitate many outdoor activities such as 19th century games during the spring, summer and fall.

PHOTOS BY ASHLEY IDLE



Curator Rob Roe checks a 19th century wood stove to see if it is in working order. Constant maintenance has to be done to keep Woodside's artifacts at their best.



# Thrift store does more than sell clothing

By SARA BUSSE

Morning Star Encore Boutique may seem like just another thrift store, but it's so much more.

Dr. Carmen Ferber, executive director of Morningstar Family Ministries of Canada Inc., has opened up the new, quality thrift store, located at 251a Huron St. in New Hamburg, which sells good quality clothing and small workable appliances and smaller furniture, such as end tables and chairs. The

store is about 2,600 square feet and is packed to the brim with quality goods. But what makes this store so unique is the people who run it.

Morningstar Family Ministries is a faith-based ministry dedicated to reaching out to families, children and youth with hands-on assistance to help build futures, relationships and opportunities for development. The focus of the Morningstar programs is to equip and teach youth to be contributing members of soci-

ety. Ferber thinks that the thrift store will be a perfect way to teach youth about working in the retail business and help them gain valuable experience being contributing members of society. Along with the youth who are already part of the Morningstar program, two full-time staff members — Taryn Wiley and Mac Crummer — will be running the store. Ferber has invited anyone from the community to volunteer and gain retail service experience.

"We have to be creative, see what will help the kids in the community be successful," she said, referring to the fact that this will be the first thrift store they've operated.

All clothing that doesn't get sold at Encore Boutique will be used to fill a barrel and be sent to Ghana to help clothe children and their families. Morningstar, as part of their ministry, shipped 26 barrels to Ghana last year and 31 more will be sent out in March. Barrels can be purchased for a dona-

tion and are filled with clothes, school supplies and toys.

Ferber is hoping to open a small coffee shop within the thrift store to help youth learn about serving skills and socialization.

"It's all about community helping community," she said.

Drop off boxes are located at the Esso station in St. Agatha, outside the Morningstar Academy in New Hamburg and the Koinonia Christian Fellowship in Bloomingdale.

## A 10th ANNIVERSARY CELEBRATION



PHOTOS BY GERALD UPTON

Sydney McElheran, a second-year broadcast radio student who usually does the 2 to 4 p.m. CJ10 show, was at a live radio broadcast at the college on Feb. 28, doing promotional work. CJ10 will be doing a last live radio broadcast at Club Abstract in Kitchener March 12 from 10 p.m. to 1 a.m.



Amanda Loranger, a second-year broadcast radio student, did the announcing for the first hour of the live broadcast.

## Write your own commercial for Doritos contest

By RYAN YOUNG

Commercials can be annoying, funny or informative, long, short or skipped over. And now, because of Doritos' The End contest, you can add lucrative to that list.

Doritos is asking you to write the last 20 seconds of a commercial where one of their newly introduced flavours will be destroyed. In 400 characters or less, you must destroy either the Onion Rings N' Ketchup or Buffalo Wings N' Ranch flavour in an exciting, scary, dramatic, comedic or whatever creative manner you can come up with.

If your entry is chosen as the winner, they'll film your ending and give you the writing credit.

Oh, and they'll pay you \$25,000 and one per cent of the sales from the surviving flavour.

Submissions are currently being accepted at [www.writetheend.ca](http://www.writetheend.ca) until March 13. Fourteen finalists, seven representatives of each flavour, will then be chosen via online voting on the website. Voting will end March 27.

Once the finalists have been selected their commercial ideas will be scrutinized by a panel of judges, including a Doritos brand representative, the commercial director and the ad agency.

The judges may take voting popularity into account, but ultimately they will pick the grand prize winner based on what they think works best in terms of "creativity, originality, anticipated effectiveness and overall appeal," according to the contest's website.

Finalists will be given the opportunity to pitch their creative idea to the judges

over the phone.

A party for the 14 finalists will be held May 5 which will air live on Much Music. At exactly 8:14 p.m. the commercial idea that Doritos chose to film will air, thus announcing The End's grand prize winner.

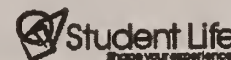
While that will spell "The End" for most of the finalists, it's only the beginning of two things for the contest winner — a new bank account and appreciation for commercials.



We may just talk to few, but our words can be heard by many.

The language we use can set the tone for our community.

Thank You for Being the Difference





# Find balance in life with yoga

By MANDY LIVERANCE

Think about your life for a minute.

Do you wish you had a more balanced lifestyle? Maybe one with more energy, a lot less stress and a clear mind would suit you better. Handling school, jobs and life's many other strenuous demands can be exhausting, both physically and mentally. Although throwing away our daily to-do list is not possible, adding just one more thing may provide the changes you need.

If you want more control in your life you should try yoga. It is a practice that uses posture movements and breathing exercises to attain control of the body and mind, along with many other beneficial results. It is a Hindu discipline aimed at training the consciousness for a state of perfect spiritual insight and tranquility.

Yoga is something that anybody can get in to. For those who resemble a contortionist to those who can't even touch their toes, as long as you are breathing it is yours to try. Flexibility is a benefit, not a prerequisite.

While practising yoga, it gives you the mind power to have equanimity for good and bad situations. It doesn't mean you lose all emotions; you just start to be more accepting of situations. This is a start to decreasing stress in your life.

"When you cultivate a deep breathing that is nice and even, it stimulates your parasympathetic nervous system," explained Lindsay Gulanes, owner and manager of Pranalife Yoga Studio in uptown Waterloo. "And so that switches off your fight-or-flight, which all of us live in. If you continue to do that on a regular basis you completely change your physiological response to stressful situa-

tions, so you're teaching your body it's OK."

Along with improving your mind, yoga has tremendous physical benefits on the body. By linking breath and movement, your body becomes more in tune, resulting in weight loss, stronger and toned muscles, better posture and a decrease in back and shoulder pain.

"Yoga is actually proven to be one of the best things to help increase your aerobic capacity so your lung capacity increases dramatically," said Gulanes. "It can be sustained with regular yoga practice because the focus is on the breath."

Yoga is very easy to start, but those unfamiliar with the activity may not know where to begin. So here are a few tips to start off.

"Start with the breath. If it's something that you don't have a lot of time to commit to, begin there because that's the most important part." Gulanes suggests that whenever you get a chance just focus on your breathing. Exhale all your air first and then take long deep inhales. This will prepare you for yoga movements, as each breath is a guide in the transition to the next posture.

Search on the Internet for yoga routines. Put on your workout clothes, clear a small area in your room and follow a video. Sun salutations are a perfect place to start. The actions are easy to pick up on, so don't worry if you feel lost the first few times. Watching different videos will also give you an idea of what style is suitable for you.

There are many yoga moves that are simple and can be done just sitting in a chair. Find a few you can do when sitting in front of a computer and try them out when you're working on your next homework assignment. It gives your mind and body a refreshing break.

"It takes about 30 days for something like that to become an actual habit, but you'll notice that



PHOTO BY MANDY LIVERANCE

Lindsay Gulanes does the yoga pose *sirsasana* at her yoga studio, Pranalife, in uptown Waterloo, on Feb. 24.

your body starts to crave it and will miss it when you don't do it," said Gulanes. "Most clinical studies that are done, the control groups are given 45 minutes, four times a week. So that's something to build up towards."

If after your first yoga experience you're not convinced it's something for you, try changing your practice. Try different teachers or studios, try it at different times of the day and try different styles. They are so many variations of yoga that there is bound to be one most suitable for you.

Lack of motivation can sometimes be a problem, especially for students who think their agenda is full enough already. Sit on your mat or just the floor, close your eyes and sit up straight. Begin to just breathe and eventually your body will realize you're ready to go and will want to feel the exercise.

Go to a yoga class. Direction from an instructor is a great way to get motivated. The Conestoga College recreation centre has free yoga classes for students four times a week. They are done at a pace where beginners can easily follow and those more experienced can do alterations.

Pranalife Yoga Studio offers classes for beginners too, including practice foundations, which is about building a personal practice that you can take anywhere. You will also learn the basic postures that are in a typical class. Posture fundamentals is also available, covering why

the postures are important and how you can create a safe practice so you don't injure anything.

Also, remember why you're doing this in the first place. Picture your life the way you want it; without stress, more energy, a stronger body and a clear mind. You deserve to be as happy as possible, and yoga is the perfect way to achieve that.

"For my personal practice, I

love the bliss that happens after, where you just come out of savasana and everything seems OK. It cultivates a sense of well-being, what else are we here for?" Gulanes said.

So try it out. You may be pleasantly surprised at how much your life will improve, just by incorporating posture movements and breathing exercises into your weekly routine.

## MANY PRACTICES ARE BASED ON ASHTANGA

"That just means eight limbs. It ties into the idea that the philosophical tradition behind this particular lineage has eight specific tenants. So, the social disciplines, the personal disciplines, the physical practice, the breathe work, the internal meditation, the ability to focus on one particular object, the ability to become one with that particular object and then the ability to become all consciousness. Like many volumes of a book."

- Lindsay Gulanes, yoga instructor at Pranalife Yoga Studio.

## Places to check out in Kitchener-Waterloo

### Waterloo studios

Pranalife Yoga —	10 Regina St.
Moksha Yoga —	55 Erb St.
Community of Hearts —	826 King St.

### Kitchener studios

Queen Street Yoga —	44 Queen St.
Blue Skies —	55 Victoria St.
Bikram Yoga —	663 Belmont Ave.







Brittni Sipes, a second-year visual merchandising student, proudly displays the poster for her program's upcoming fashion show. It will take place on April 7 at Conestoga Home Interiors in Cambridge.

PHOTO BY  
VICTORIA SPRACKLIN

## Fashion for a cause

By VICTORIA SPRACKLIN

If you thought finishing an essay for homework was hard, imagine planning a whole event for your term project. It may sound difficult, but this is simply the norm for the second-year visual merchandising students.

"The whole project just started off as making an outfit, but it was then expanded into making a production," said Brittni Sipes, a visual merchandising student. The class is planning an upcoming fashion show in April that will focus on different world issues.

"There's recycling, emotional abuse, child abuse, cancer, equality. Everyone has their own, different topic," she said.

The show, cleverly titled *Awareness*, hopes to bring attention to the serious issues we sometimes neglect to think about.

Cancer may or may not affect one person, while the same holds true for abuse.

"All these issues affect people in different ways," said Sipes, who is focusing her piece on child abuse. She admitted it was not an easy topic to convey through an outfit, but remains persistent and excited about the upcoming show.

Not only will there be hand-made creations by the students, but also pieces from *Classique Boutique* in Cambridge and bridal fashions from *Bridal Village* in Cambridge.

"There will be some that are a little more lighthearted that will keep the mood up," said Sipes with a smile.

The show will take place on April 7 at Cornerstone Home Interiors in Cambridge, from 7 to 9 p.m. Tickets are \$20 each with proceeds benefiting the Cambridge Food Bank.

For tickets or more information, contact [awarenessrunwayperformance@gmail.com](mailto:awarenessrunwayperformance@gmail.com)

## A, B, C, D, E ... AND SOON F!



PHOTO BY KATHRYN SCHNARR

Construction workers carry on with the completion of the F-wing, despite cold temperatures. The building, which is three storeys and 75,000 square feet, will house the college's health and life sciences programs. It should be fully opened in August 2011.

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## HOROSCOPE

Week of March 7, 2011



### Aries

March 21 - April 19

After a long and gruelling battle with a dust allergy, you will just come to terms with the fact that you will always have a runny nose.



### Libra

September 23 - October 22

You will suffer from an extreme bout of insomnia, but will meet a pretty cool dude out of it who will teach you to fight.



### Taurus

April 20 - May 20

You will celebrate Valentine's Day a month late, which is better than the time you sent Christmas cards in June.



### Scorpio

October 23 - November 21

This entire week will be themed Murphy's Law. It's probably best if you don't leave your house, and don't turn on your stove.



### Gemini

May 21 - June 21

This week you will have a spiritual experience in which you fly across the campus flapping your arms. When you wake up, you'll be in a padded room.



### Sagittarius

November 22 - December 21

You will discover that you have the ability to alter events on television just by wanting it. You'll come to the conclusion you would not make a good writer.



### Cancer

June 22 - July 22

You will wake up with a terrible headache and surrounded by the remains of the epic party you were at last night. The police will be asking questions.



### Capricorn

December 22 - January 19

You will finally learn to use chopsticks, which will come in handy when you are attacked by ninja of the Orbutsu clan. You will not even spill your rice!



### Leo

July 23 - August 22

This is a good week to start a new job. I would avoid any jobs where you have to wear a uniform, though, as they can lead to certain, er, misunderstandings.



### Aquarius

January 20 - February 18

You will come to understand that your entire life has been an eerily accurate computer simulation of your life. Very meta, dude.



### Virgo

August 23 - September 22

You will leave your keys at school this week and end up locked out of your apartment. Happily, this is the worst thing that will happen to you all year.



### Pisces

February 19 - March 20

You will single-handedly eat the world's largest hamburger, and will die accepting your \$1-million prize. This will be what you are remembered for.



Paul Irvine carefully examines the stars and then ignores them for your amusement.

## HOCKEY HEROES IN THE MAKING



PHOTO BY ROBERT CONTE

Youth regularly gather at Victoria Park in Kitchener to play hockey on one of the park's two rinks. One of the rinks is reserved for recreation while the other is for playing Canadians' favourite sport.

## The Procrastinator's Code

One of the reasons that procrastinators have such a difficult time changing their ways is that they operate under unrealistic assumptions that only perpetuate their delaying.

Can you see yourself in any of these reasons?

*I must be perfect.*

*Everything I do should go easily and without effort.*

*It's safer to do nothing than to take a risk and fail.*

*I should have no limitations.*

*If it's not done right, it's not worth doing at all.*

*I must avoid being challenged.*

*If I do well this time, I must always do well.*

*Following someone else's rules means I'm giving in and I'm not in control.*

*I can't afford to let go of anything or anyone.*

*If I expose my real self, people won't like me.*

*There is a right answer, and I'll wait until I find it.*

From: *Procrastination – Why You Do It, What to Do About It* by Burka, Jane B. and Yuen, Lenora M. Addison-Wesley Publishing Company, 1983, p.16.

If you would like help moving beyond procrastination, make an appointment with a Learning Skills Advisor. Come to the Learning Commons 2A103



# Wind turbine causing turbulence

By SARA BUSSE

St. Agatha will be the home of a wind turbine soon, which concerns many residents.

Local Initiative for Future Energy Co-operative Inc. (LIFE Co-op) is a local initiative based out of Baden that is built on environmental and community principles. The St. Agatha Wind Project has been their main focus for the past year and they have completed a land lease option agreement that will give them a five-year option on a site near St. Agatha.

Many people are against the idea of wind turbines, saying they cause health issues because of the "swooshing" sound created by the blades. An article on [www.ctv.ca](http://www.ctv.ca) says that "Scientists have only begun studying the phenomenon. Some early findings suggest that wind turbines create a high intensity, low frequency sound that may have an effect on the body. Not only can the sound potentially cause debilitating illness, some researchers believe the vibrations the sound causes in the inner ear may lead to



PHOTO BY SARA BUSSE

Signs such as this one are lining the roads in Drayton as well as St. Agatha where a wind turbine will be erected.

vibro-acoustic disease. That can cause dizziness, nausea and sleep disturbances." There is also concern for birds as they tend to fly into the blades and get killed.

Shane Mulligan, the project manager at LIFE, believes that the turbine will have a minimal effect on

people.

"Area residents will have a visual reminder that energy comes from somewhere — and some sources can be benign. Our current energy comes from somewhere over the horizon and we don't see it. If they are part owners, they will feel even better

about it — as is the case in many European countries," said Mulligan.

Life Co-op is currently planning only one turbine as they cost almost \$6 million each. If people see the advantages and the co-op can successfully raise the capital, a second turbine somewhere is a possibility.

The Green Energy and Economy Act of Ontario (GEEA) states that the turbine must be 550 metres from any noise receptor outside of the landowner's property.

Noise receptors are defined as the centre of buildings or structures used for overnight accommodation or those used as an educational facility, day nursery or place of worship.

"The village of St. Agatha will be shielded from the turbine by hills that we are confident will deflect or absorb most of the swooshing sound the turbine makes," said Mulligan.

He believes that now that the GEEA rules are in place, the concerns of some residents will be alleviated.

"The people opposed to wind turbines have referred to

European studies that report on negative health effects, but when we've asked for their references, they have not answered. People we know in Europe know of no such studies," said Mulligan.

He said wind turbines will never replace nuclear or other generation systems because we're too used to having lots of energy on hand. Turbines will only provide a portion of the energy we need but will help reduce the use of other energy sources.

The earliest a turbine will be erected is 2012. Before then LIFE Co-op will conduct an extensive bird and bat study, a natural heritage study, host at least two community meetings, as well as communicate with aboriginal Canadians and acquire permits to sell the electricity to the grid.

"These approvals all have to be given before we will be allowed to begin construction," said Mulligan.

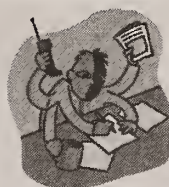
Recently an article in the *Globe and Mail* stated that the Ontario government has "called a stop to any offshore wind power projects in the province's portion of the Great Lakes, until further scientific study is done."

## DUCKS GO QUACKERS FOR CRACKERS!



PHOTO BY MARCUS MATTHEW

A father and son feed a hungry flock of ducks at Victoria Park during the cold winter weather. It won't be long until the ducks can enjoy a nice, warm summer.



### COUNSELLOR'S CORNER:

#### Stress and Stress Management

##### Part 1: What is Stress?

Stress has become part of our everyday vocabulary.

Why write a column on stress when everyone deals with it daily? Since stress is misunderstood and mismanaged, let's start with understanding.

Stress denotes the changes that we undergo as we experience and adjust to our continually changing environment. It has physical and emotional effects on us and can create positive or negative feelings. As a positive influence, stress creates anticipation and excitement and can compel us to action (remember that clutch single that won the T-ball game for your team?). As a negative influence, stress can result in discomfort, anger and rejection, with health problems such as headaches, upset stomach and insomnia.

Although almost everyone responds to some situations with a high level of stress (death of a loved one, birth of a child, beginning or ending a relationship), individuals respond differently to most situations. These become stressors for an individual only if they are construed as threatening or dangerous. Most of us cringe at the thought of having to parachute from an airplane; some find it a challenge. Most of us avoid contact with snakes. Others keep them as pets. Most of us experience anxiety at the thought of presenting in front of a class, and while some will do anything to avoid it, a few get totally turned on.

The goal is not to eliminate stress but to learn how to manage it and even use it to help us. For more information or help with Stress Management, talk with a counsellor in Counselling Services.

*A Message from Counselling Services, 1A101.*



## Kitchener-Waterloo awarded CJFL team; Twin Citie Predators to debut in 2011

By RYAN YOUNG

Were you the star on your high school football team but had to hang up your cleats? Think you still got what it takes to level a quarterback or make the game-winning grab? Thanks to the Ontario Football Conference awarding Kitchener-Waterloo a Canadian Junior Football League team, if you're under 23 you can get back on the gridiron and prove it.

The OFC agreed at their annual meeting this month to award a CJFL franchise to the Twin Cities Minor Tackle Football Association (TCMTFA) beginning in 2011. The Twin Cities Predators will be the 20th member of the CJFL, which consists of the OFC, BC Football Conference and Prairie Football Conference. The Predators will play home games at University Stadium on Seagram Drive in Waterloo. Not only will the team get to play in the recently renovated home of the Laurier Golden Hawks, they will travel to face seven other OFC teams through the regular season including London, Windsor, Ottawa and St. Leonard, Que.

"The vision for this team is



to become to football what the Kitchener Rangers are to hockey," said TCMTFA president Jim Macarthur in a press release. "Obviously, many of the fans at the university games are alumni of either UW or WLU and as such, have to choose a side to cheer for. This is a team that the entire region can get behind."

The CJFL has helped launch the careers of many CFL players including Peter Dalla Riva of the Montreal Alouettes, Tony Gabriel of the Ottawa Roughriders and all-star linebacker Larry Wruck of the Edmonton Eskimos.

The Predators will fall under the Toronto Argonauts' playing pyramid which means all players will actually be the property of the Argos until the completion of their CJFL career.

"For many good players, their football days are essentially over when they finish

high school," said Macarthur. "This will give them an additional avenue to be noticed by the pro scouts and potentially lead to a CFL career."

Negotiations have already started with coaching legend Dave "Tuffy" Knight to help them get there. Knight, 74, has led both the Laurier Golden Hawks and the University of Waterloo Warriors to provincial Yates Cup titles and served as the Argonauts director of player personnel for five years. The three-time Frank Tindall Trophy winner as top university coach in Canada was inducted into the Canadian Football Hall of Fame in 2007 after accumulating 153 wins over 28 years of coaching.

Tryouts for the team begin in late May with call backs slated for mid-July. The regular season runs into mid-August with the championship being played in November. The team could end up travelling anywhere in the nation for playoff games, as Hamilton did last year, playing their semi-final game in Nanaimo, B.C.

For more information on trying out for the Twin Cities Predators, contact Macarthur at 519-590-5627.

## Guelph campus Gets Involved

By THOMAS PARENT

Students from Conestoga's Guelph campus took the initiative on Feb. 15 to host a Get Involved Fair.

Twenty-four students from the general business program's effective communications course hosted displays in the cafeteria to get students actively involved in the community.

Each display represented different volunteering opportunities within the community such as Habitat for Humanity, Guelph Minor Hockey Association and Out of the Cold.

Students who volunteer have the chance to develop new skills and leadership qualities, meet new people and increase their confidence. Furthermore, students can make contacts for program-related volunteering, build

their portfolio, enhance their resume and learn about possibilities for future employment.

"This was meant to give students the opportunity to not only get involved in the community, but use their skills outside of the classroom, such as using PowerPoint and public speaking," said Matthew Maguire, Student Life programmer at both the Doon and Guelph campuses.

"A lot of students came to show their interest.

"There was a wide range of displays from sports to the arts. It was a great way for students to mingle and meet. It was a great success."

This is what's considered an integrated learning approach for the students, as it allowed them to use their skills outside of the classroom and also to get involved in the community.



PHOTOS SUBMITTED

Conestoga's Student Life department and general business students hosted a Winter 2011 Get Involved Fair Feb. 15 at the Guelph campus. Students could learn about different ways they could get involved in the local community by visiting booths that promoted various community groups.

Above, representing the Guelph Minor Hockey Association, are David Bartolomucci and Stefan Thedorf. Below are Michelle Turner, Khaled Loubani, Sam Rowe and Yupeng Zhang who promoted the River Run Centre.



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